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ABSTRACT OF THE DISCLOSURE

A dental patient hand held vibrating device having a interdental mouthpiece portion for insertion into the mouth for gripping between the teeth of the dental patient encountering 5 discomfort resulting from the adjustment of their orthodontic appliances. The hand held device comprises a housing containing a battery and a switch for selectively operating a motor with an off center weight attached to the motor rotating shaft for creating a high frequency vibration that vibrates the entire device. The 10 vibration is transferred from the body of the device to the interdental mouthpiece held between the teeth of the patient. The vibrating interdental mouthpiece reestablishes an adequate blood supply to the teeth and surrounding periodontal structures so as to substantially eliminate the discomfort encountered by a patient 15 that has had their orthodontic appliance adjusted.